

# HAWAII STATE TEAM TIME TRIAL CHAMPIONSHIP

Sunday April 11, 2010 at Kualoa Regional Park



## Team Categories

Men: Junior, Cat 1/2/3 (72+), Cat 1/2/3 (155+), Cat 4/5 (72+), Cat 4/5 (155+), 200+  
Women: Junior, 72+, 155+, 200+      Mixed: Junior, 72+, 155+, 200+      Fixed Gear

Teams consist of four competitors. Mixed teams require at least one female rider in time calculation. Age categories are determined by the total combined ages of riders. Riders of different teams/clubs and categories can team together, but the higher category results will prevail. The promoter reserves the right to combine or separate categories. The race is open to anyone to compete, but championships will only be awarded to those riders who reside in the state of Hawaii.

## Race Course

The 25 mile course starts and finishes on the Kamehameha Hwy near the Kualoa Regional Park. Turn around is in front of the Laie Shopping Center at the traffic light.

## Rules

First team starts at 7:30 am. Teams will depart at 3 minute intervals. Start times will be posted on April 10 at <http://blog.teamcorehawaii.com/> Check -in, sign release and pick up race numbers at McCully Bicycles, 2124 South King St. Honolulu, HI 96826 from 3:00 – 6:00 pm on Saturday, April 10, or at the start of race, minimum 1 hour prior to your start time. All team members must sign release form. Warm up is not allowed on the race course while race is in progress. Teams must be at the starting line staging area 3 minutes before your scheduled start time. All teams start with no assistance; one foot on the ground. No feed or vehicle support allowed. Time calculation is established as the third team member crosses the finish line. All racers must obey all traffic laws, including staying as safely to the right side of the road as possible. Helmets are mandatory.

## Registration And Parking

Each person on a team must register separately and list the team name in the space provided. Each team should make up a name to identify themselves. Examples such as TriFitness #4, The Heavy Breathers, etc., etc. To pre-register by mail, please send your entry to David Lum, 717 Puuikena Dr., Honolulu, HI 96821. Mail-in entries must be postmarked before Wednesday, April 7, 2010. Checks are payable to "Cambiamento d' Andatura". Entry fee is \$17 per rider and includes all fees and insurance (one day or annual USCF license is NOT required). Walk-in registration will be accepted at McCully bicycles, until Thursday April 8, 2010. Online registration is available until Thursday April 8, 2010 at Active.com (additional processing fee applies). Late registration (after April 8, 2010 – add \$5).

Please note that the gate to the Kualoa Regional Park and race day registration opens at 6:00 am. All riders are highly encouraged to check in at the packet pickup on Saturday if possible. Call David at (808) 429-9475 or email [rhombus01@msn.com](mailto:rhombus01@msn.com) if you have any questions.



